

SAFD Cadet Fitness Program

Warm-up / Stretching Exercises (15 count)

Cross Arm Shoulder						
Overhead Arm Tricep						
Chest						
Back						
Single Knee to Chest (on back)						
Lower Trunk Rotation (on back)						
Hamstring (sitting, each leg)						
Groin (sitting)						
Prone on Elbows (on stomach)						
Calf (3 point stance)						

Calisthenics	M	W	F	Level 1	Level 2	Level 3
Crunches				3 x 10	3 x 15	3 x 20
Mountain Climbers				3 x 8	3 x 12	3 x 15
Hip Abduction /Adduction				3 x 8	3 x 12	3 x 15
Push-Ups				3 x 8	3 x 12	3 x 15
Squats				3 x 8	3 x 12	3 x 15
Lunges				3 x 8	3 x 12	3 x 15

Weights	T/TH		Level 1	Level 2	Level 3	
Chest Fly			3 x 8	3 x 10	3 x 12	
Tricep Extensions			3 x 8	3 x 10	3 x 12	
Shoulder Fly			3 x 8	3 x 10	3 x 12	
Bicep Curl			3 x 8	3 x 10	3 x 12	
Military Press			3 x 8	3 x 10	3 x 12	
<i>1st half of Phase/Level use 3# weight, and the 2nd half use 5# weight</i>						

Run M W E Level 1 Level 2 Level 3

Run	M	W	F	Level 1	Level 2	Level 3
Using the 1 1/2 mile course				15 min	20-25 min	30 min
Stairs/ Ladders/ FAD			T/Th			

4 Evaluations TBD (2 month interval beginning 1st week of Academy)

Consists of: 1.5 Mile run, Situps & Push-ups (1 min. max), Body Fat measurement